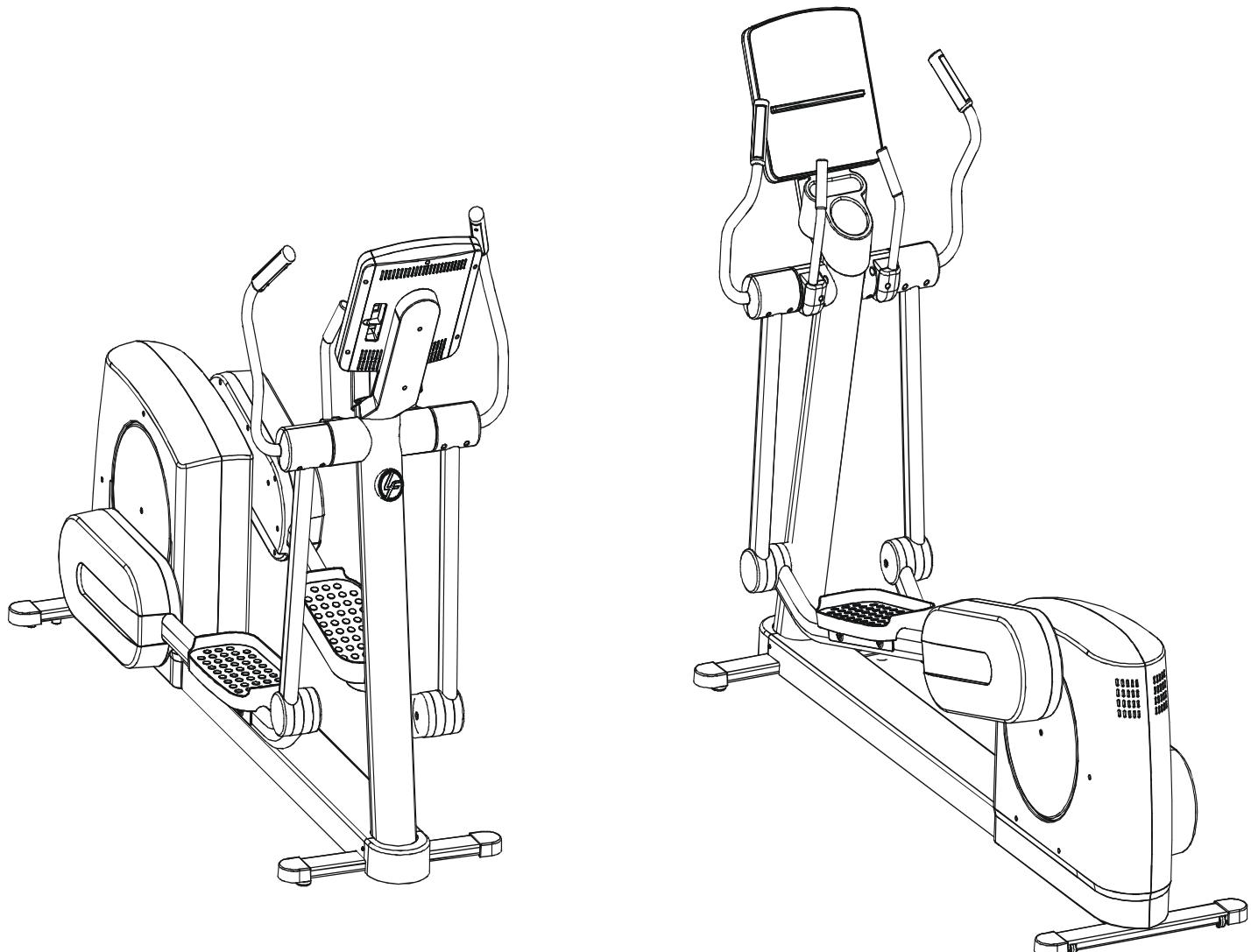


LifeFitness

**ARCTIC SILVER QUIET DRIVE
CROSS TRAINER 90X-0XXX-03
(MADE IN HUNGARY)**



Customer Support Services

PARTS MANUAL

30 Jul 2008

ARCTIC SILVER QUIET DRIVE 90X
REFERENCES

90X-0XXX-03
S/N XHA504206206

OPERATION MANUAL	M051-00K62-A111
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	0017-00008-0204 0017-00008-0205 0017-00008-0206
HARDWARE BAG	AK62-00152-0001
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT.	GK62-00002-0021
C-SAFE KIT	GK63-00002-0003

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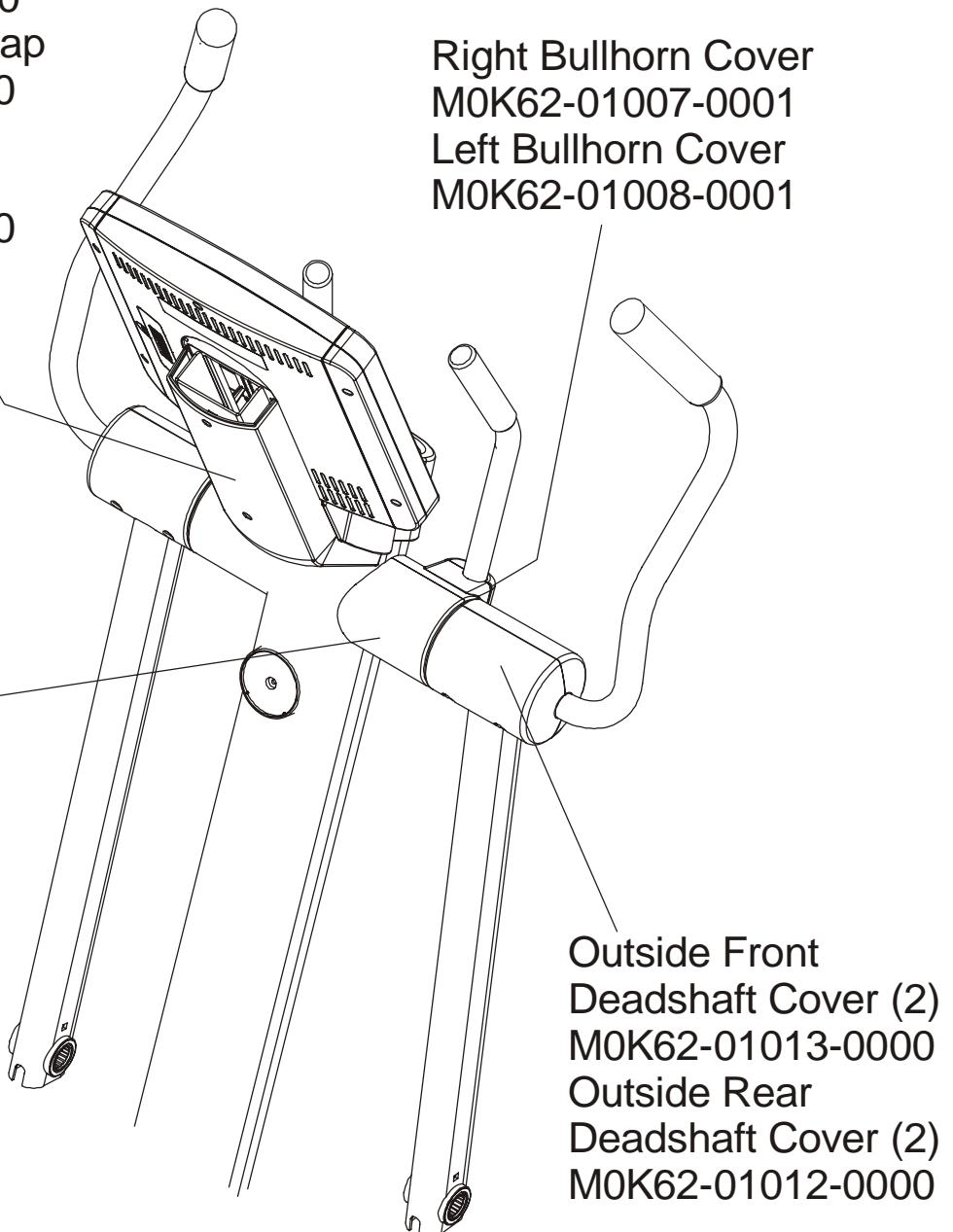
Note: The 93X has Telemetry only.

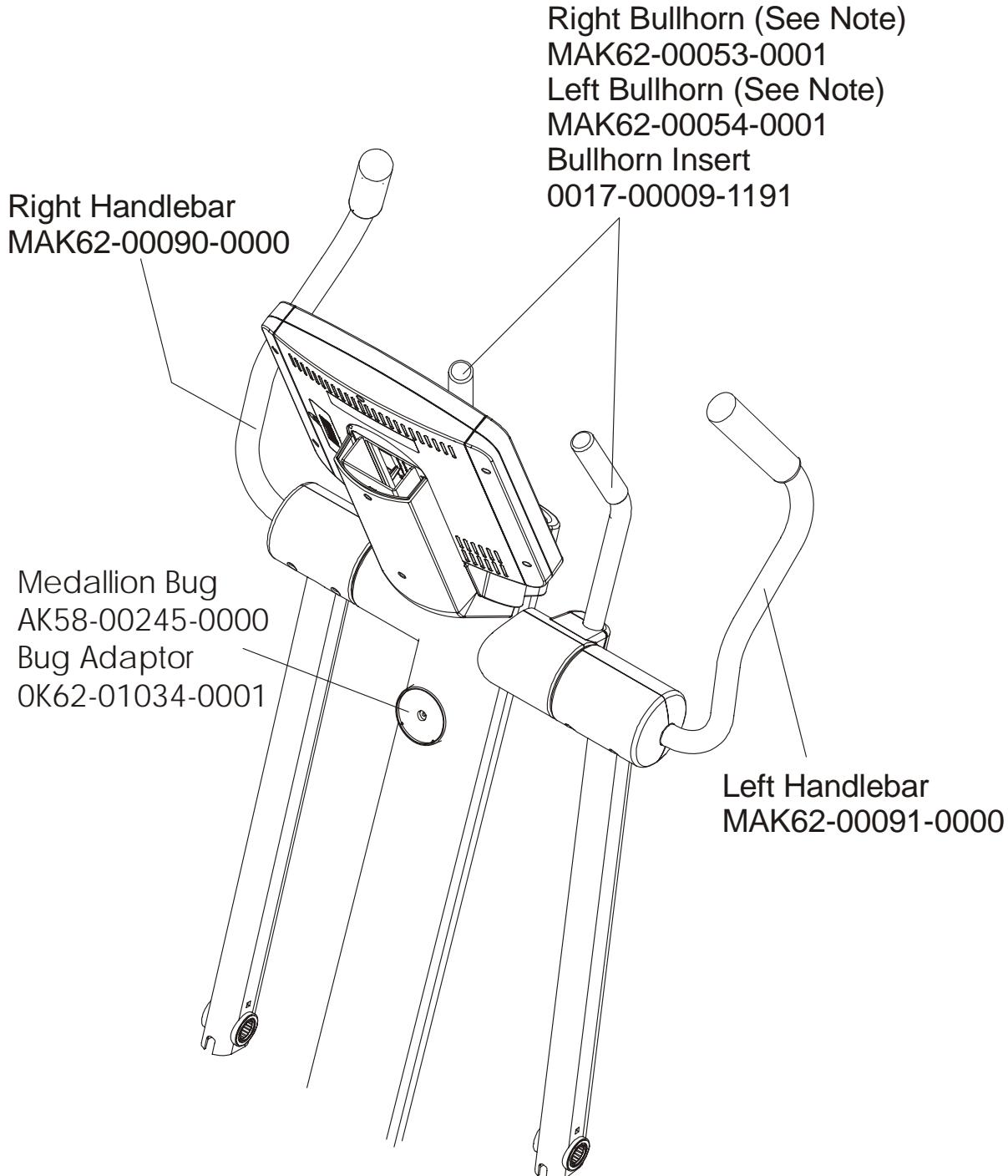
Console Support
MAK62-00123-0000
Console Support Cap
M0K62-01030-0000
Console Support
Shroud
M0K62-01023-0000

Right Bullhorn Cover
M0K62-01007-0001
Left Bullhorn Cover
M0K62-01008-0001

Right Inside
Deadshaft Cover
M0K62-01010-0000
Left Inside
Deadshaft Cover
M0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000

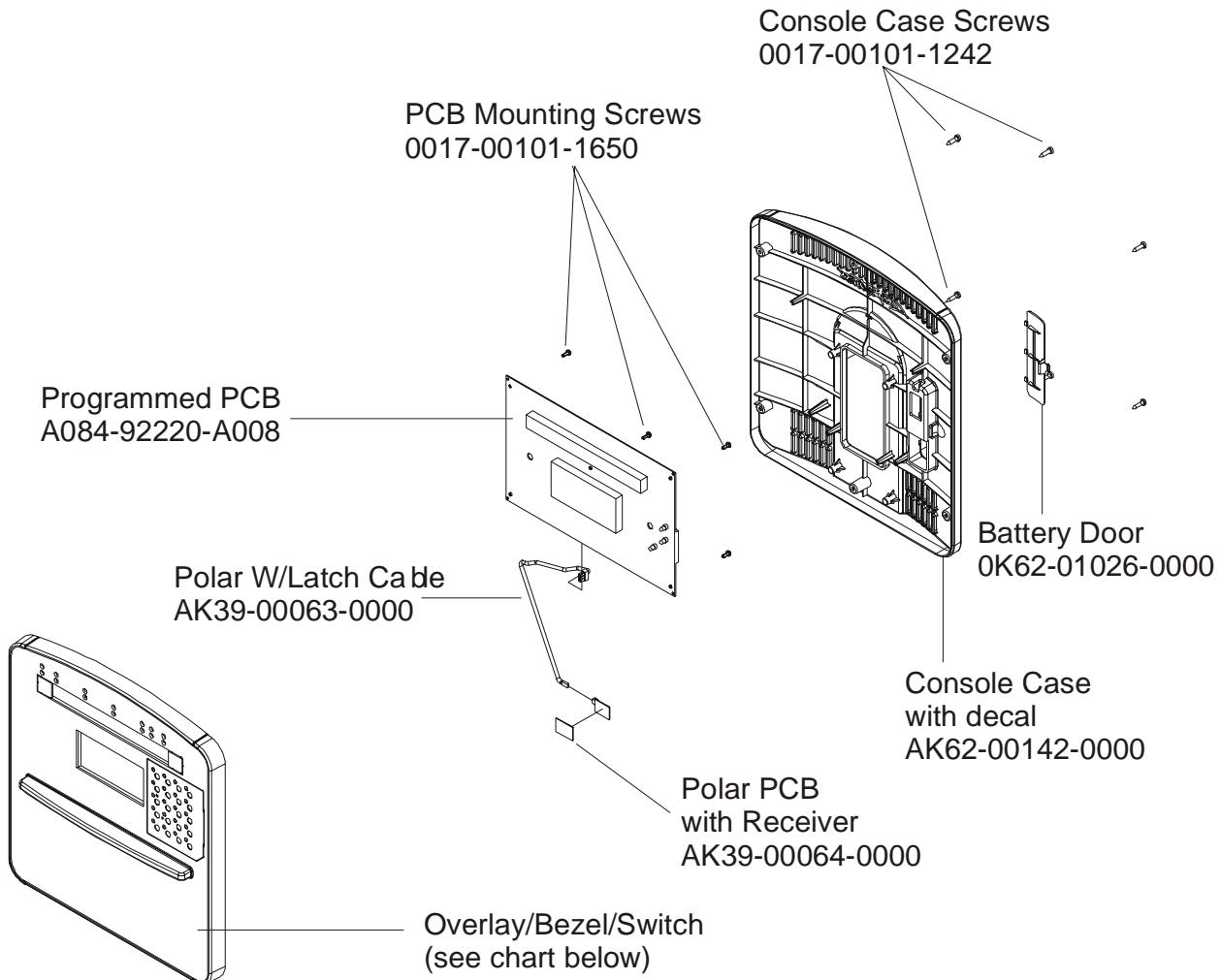
Outside Front
Deadshaft Cover (2)
M0K62-01013-0000
Outside Rear
Deadshaft Cover (2)
M0K62-01012-0000





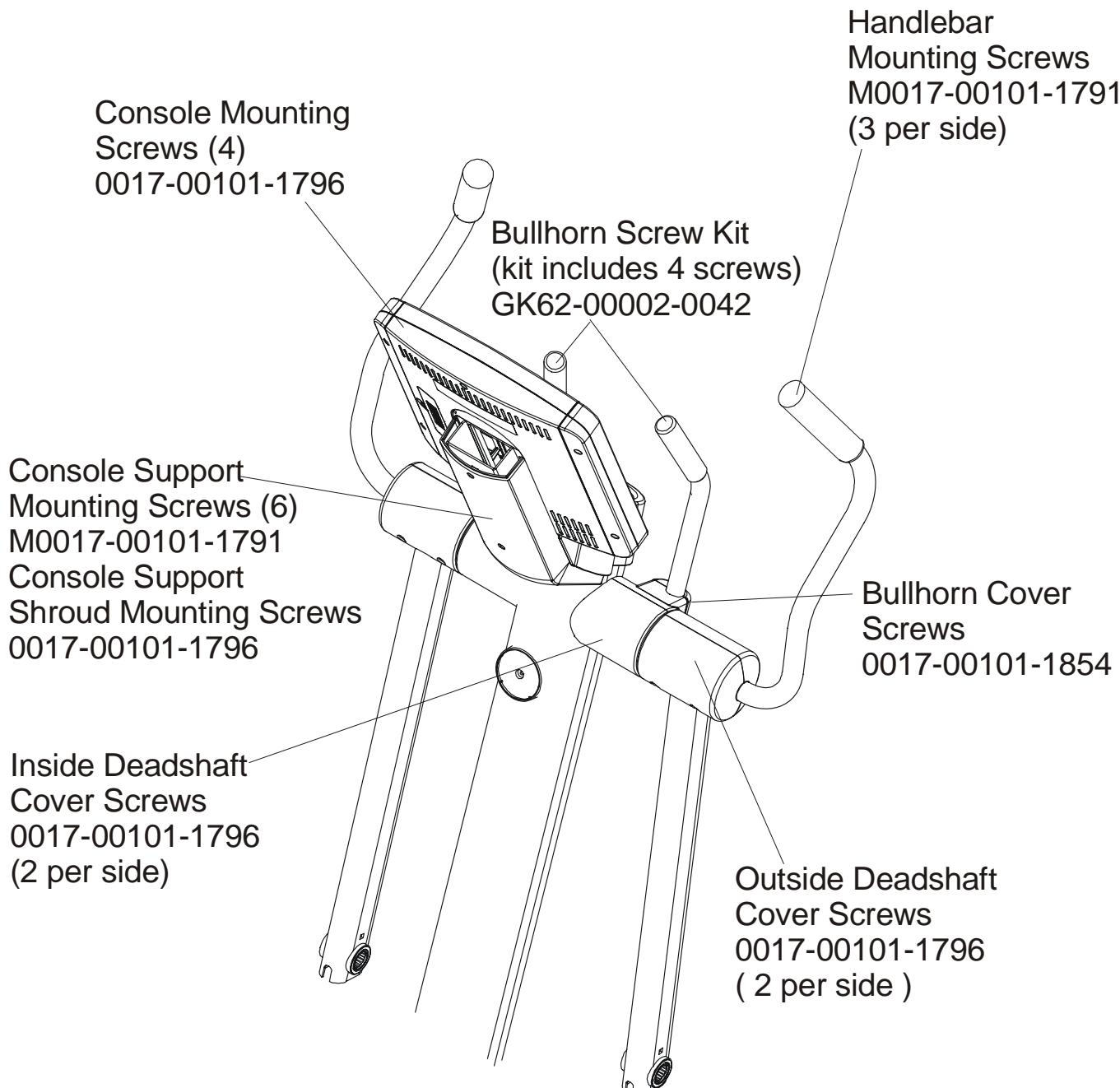
NOTE: The Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn, M0K62-01136-0000 Grip, and M0K62-01199-0000 Gasket.

NOTE: The Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn, M0K62-01136-0000 Grip and M0K62-01199-0000 Gasket



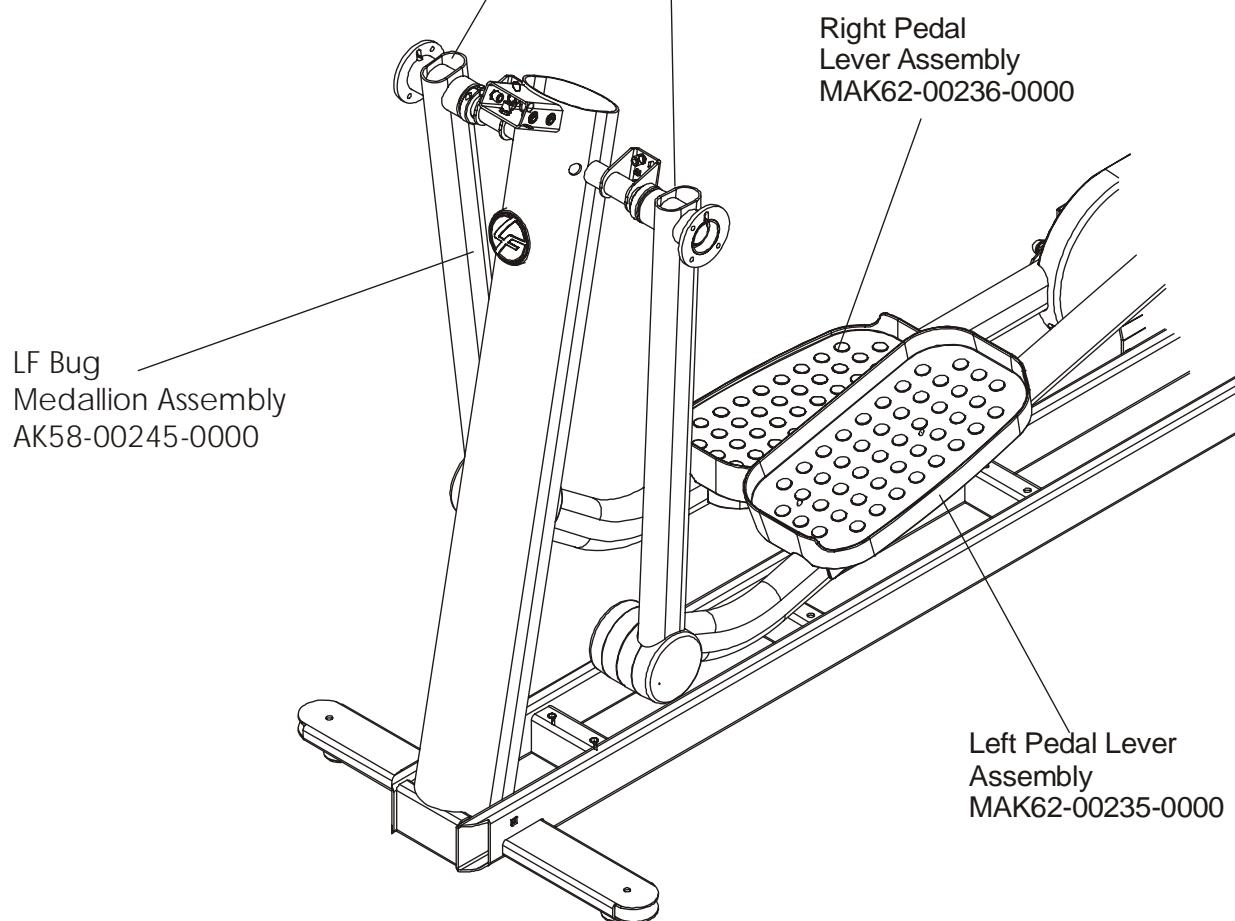
CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00147-0000	AK62-00189-0001	Multi
AK62-00147-0002	AK62-00189-0006	Jap/Met

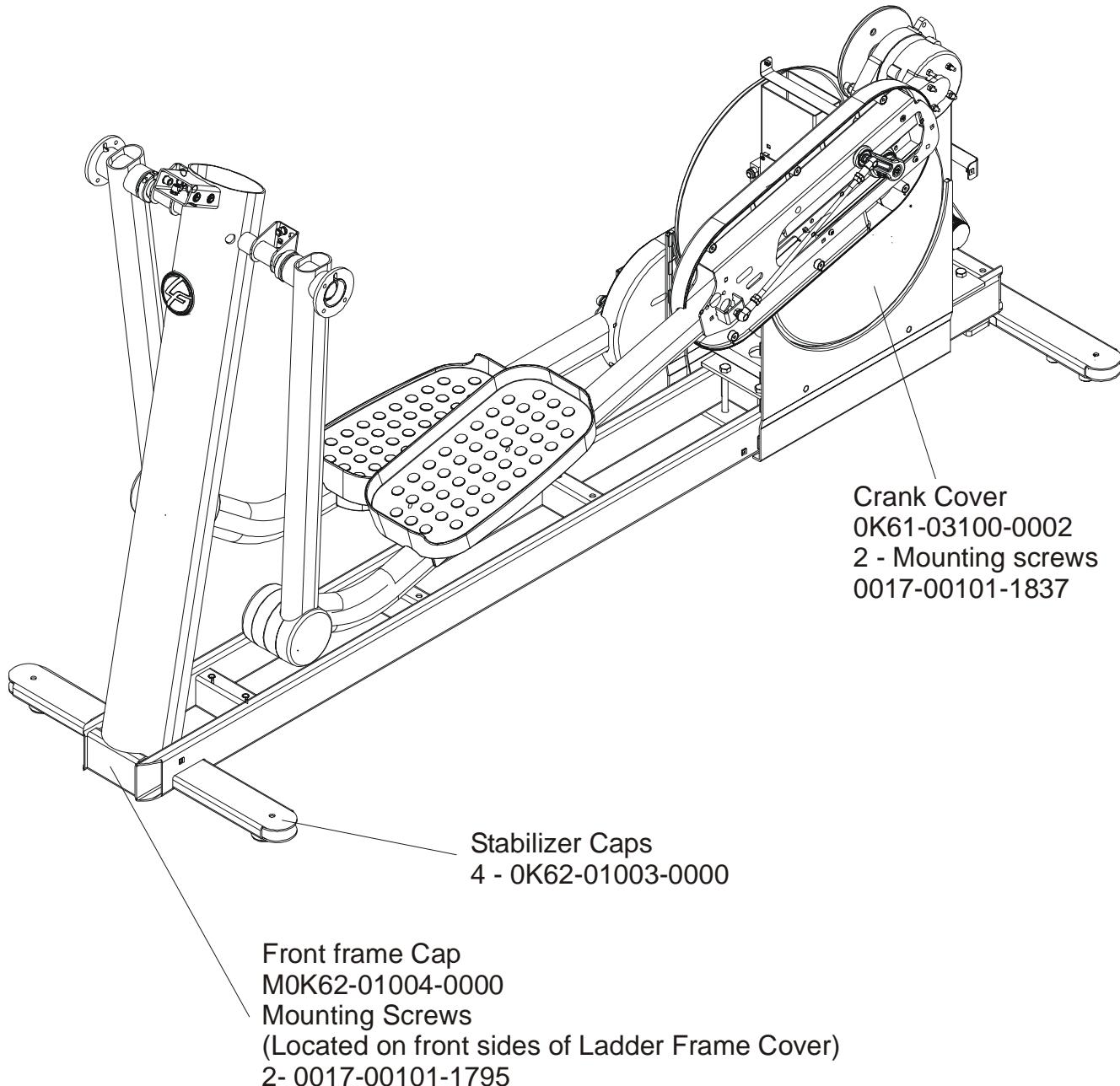
Items Not Shown	
Accessory Tray	M0K62-01022-0000
Accessory Tray Mounting Screws (2)	0017-00101-1846

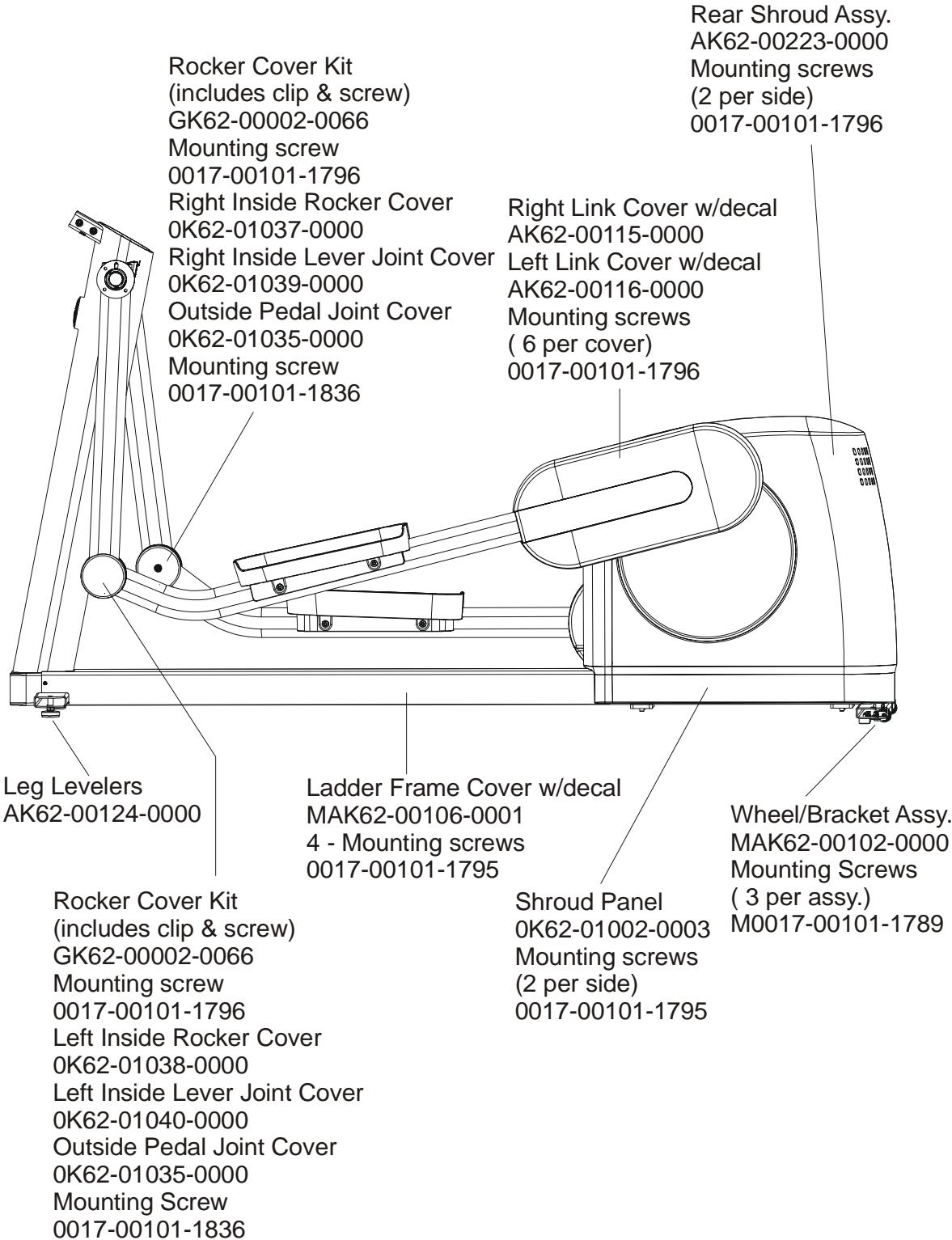


Rocker Arms Kit
GK62-00002-0070
contents:
Rocker Arms (2)
Hardened Spacers (2)
Oilite Washers (2)
Retaining Rings (2)
Loctite 620
Alcohol pad

Rocker Arms
AK62-00002-0070
Shaft Collar w/Screws
0K61-01259-0000

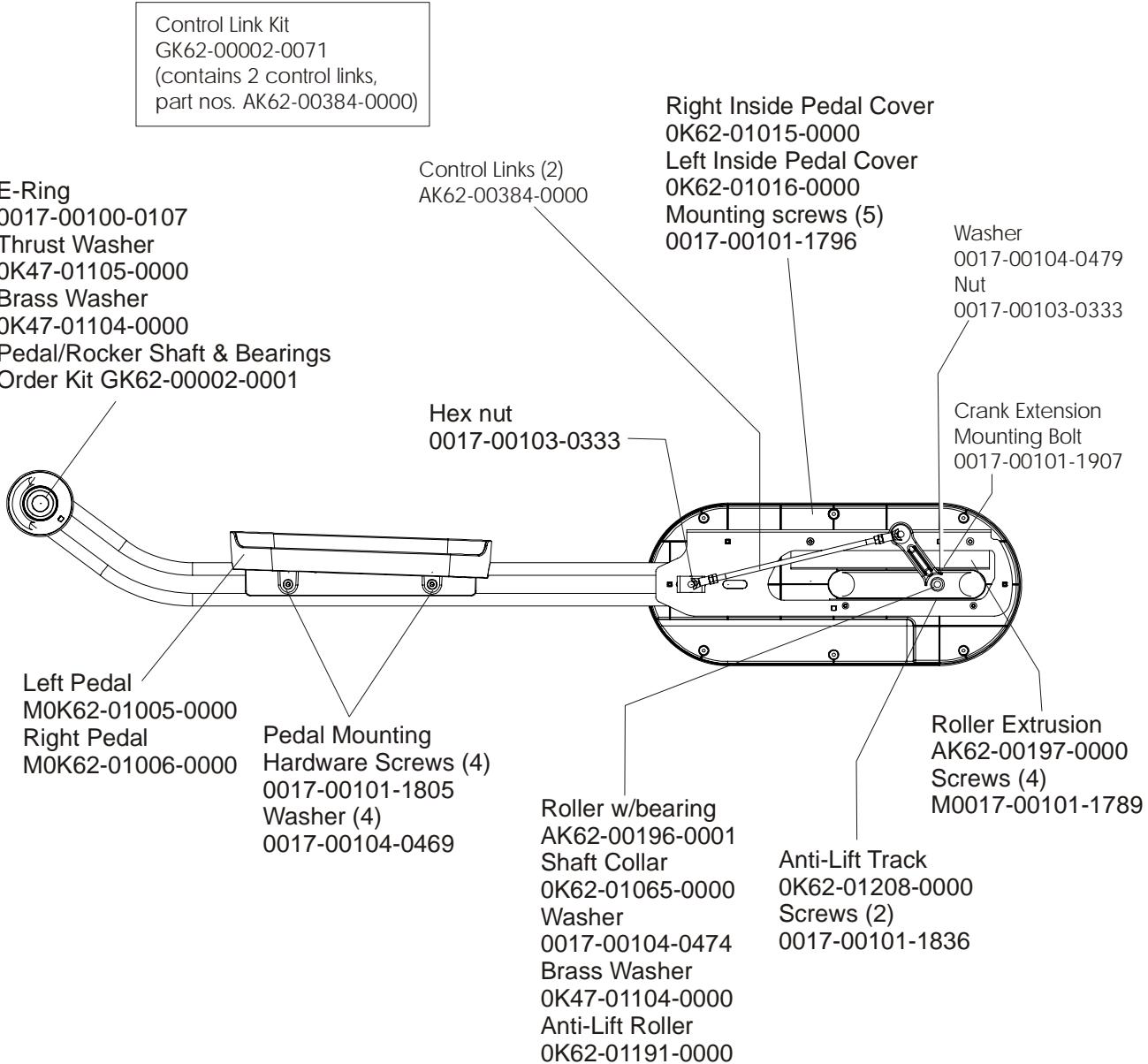




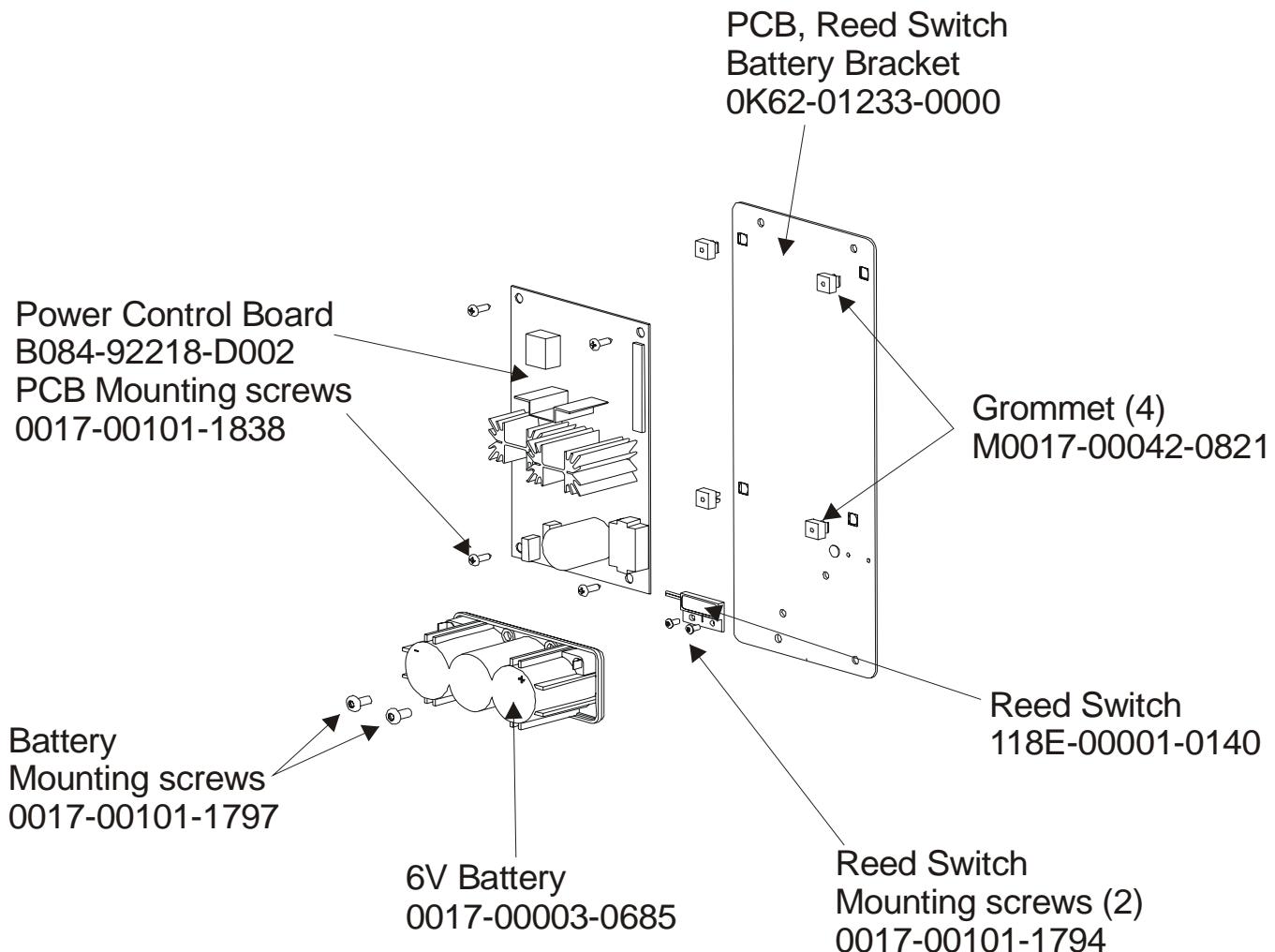


ARCTIC SILVER QUIET DRIVE 90X
Pedal Lever Assembly Components

90X-0XXX-03
S/N XHA504206206



Note: Units with old control link assemblies
will require kit MGK62-00002-0015
when replacing either the tie rod assembly
or the crank extension for the first time.



This assembly is used 4 times on the drive module assembly.

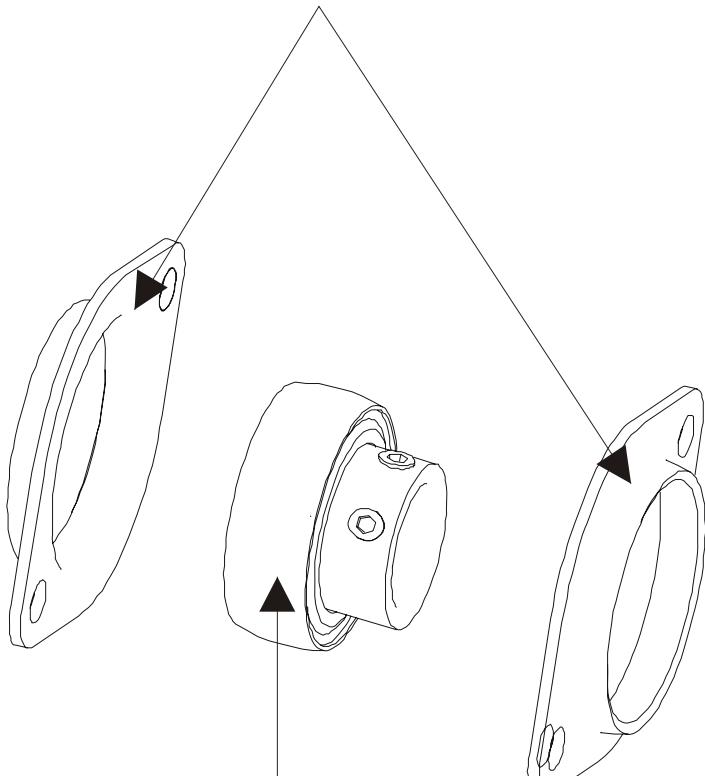
Service Kit-
MGK62-00002-0044
Includes:

- 1- crankshaft
- 2- bearings
- 2- sets of bearing flanges
- 4- nuts and washers

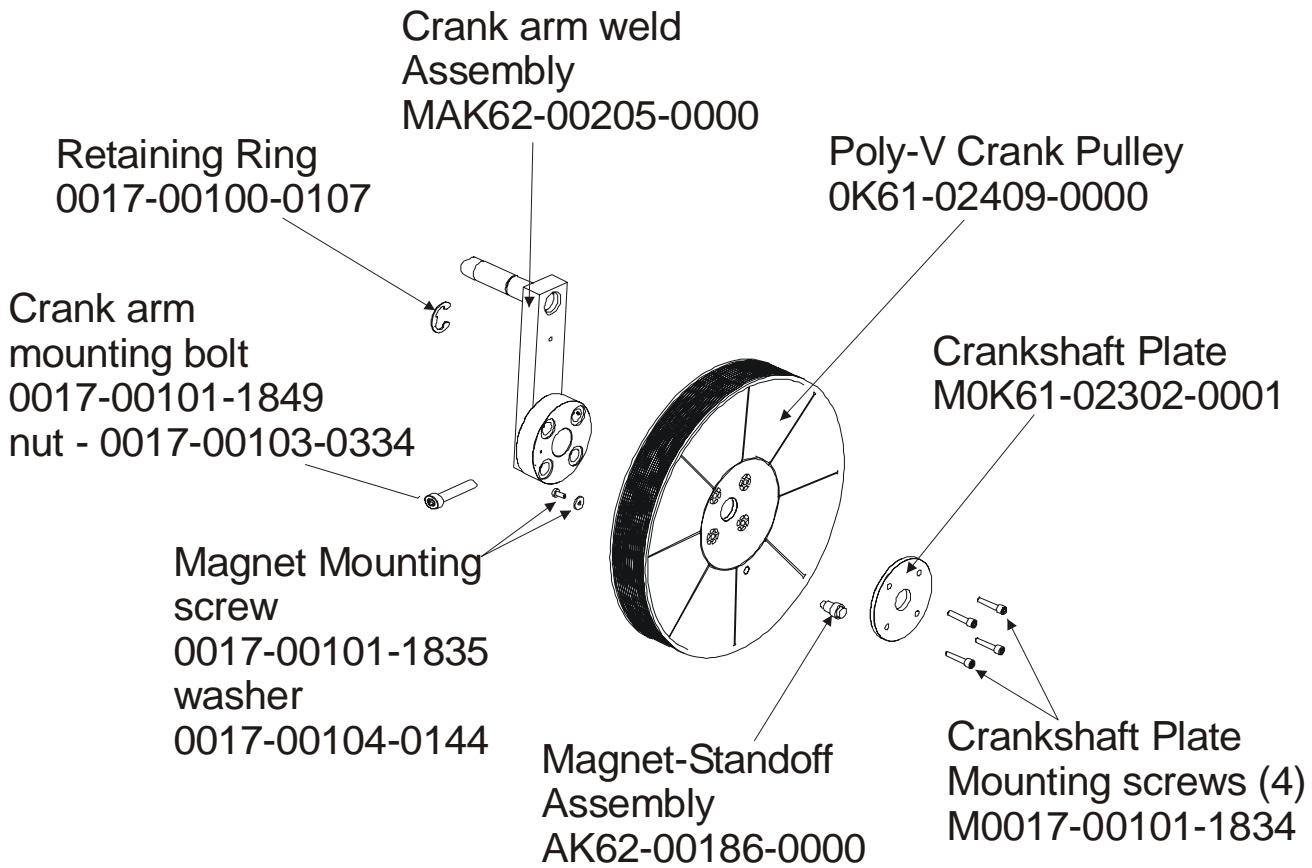
Service Kit- GK62-00002-0045
Includes:

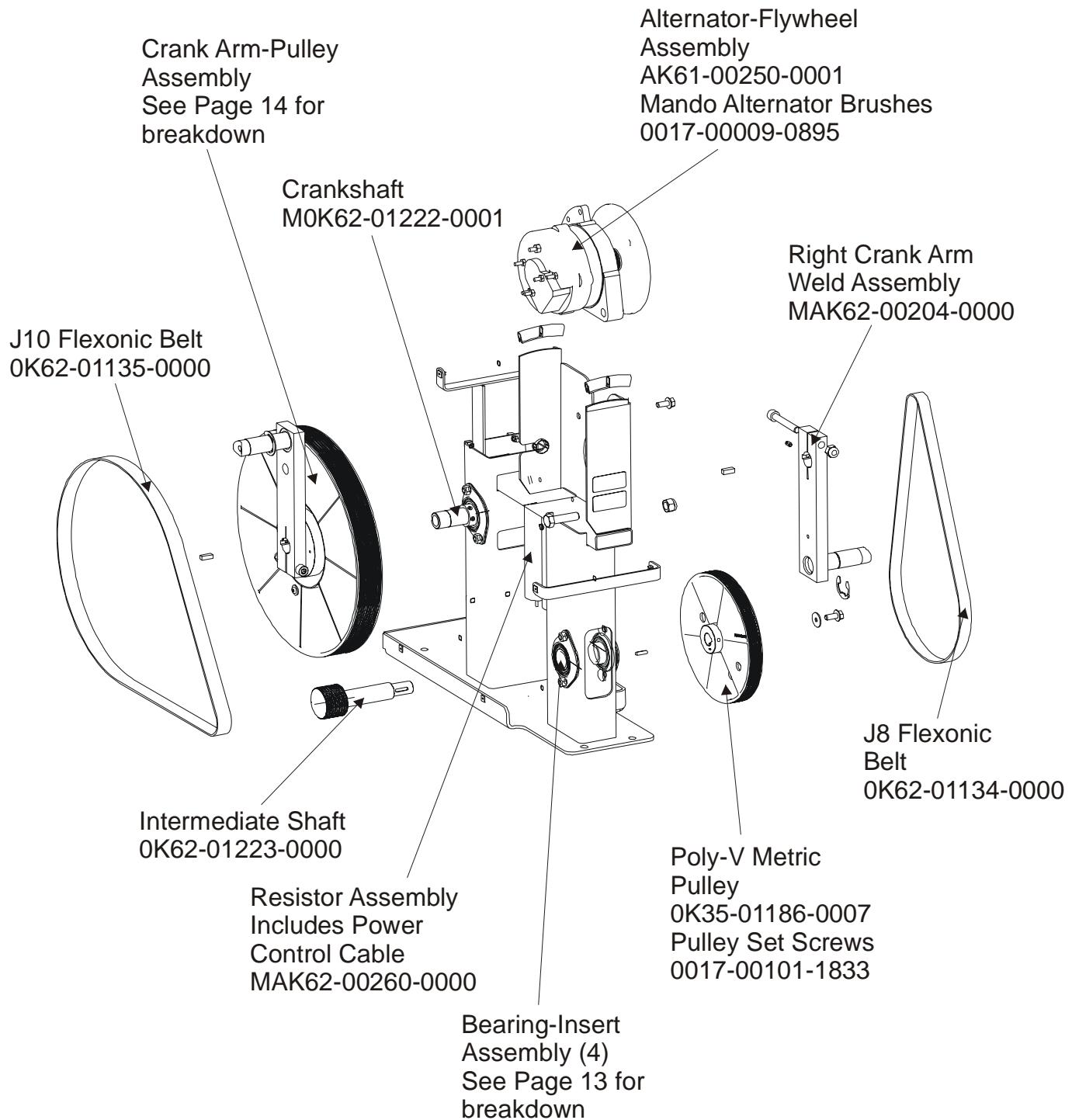
- 1 - intermediate shaft
- 2 - bearings
- 2- sets of bearing flanges
- 4- nuts and washers

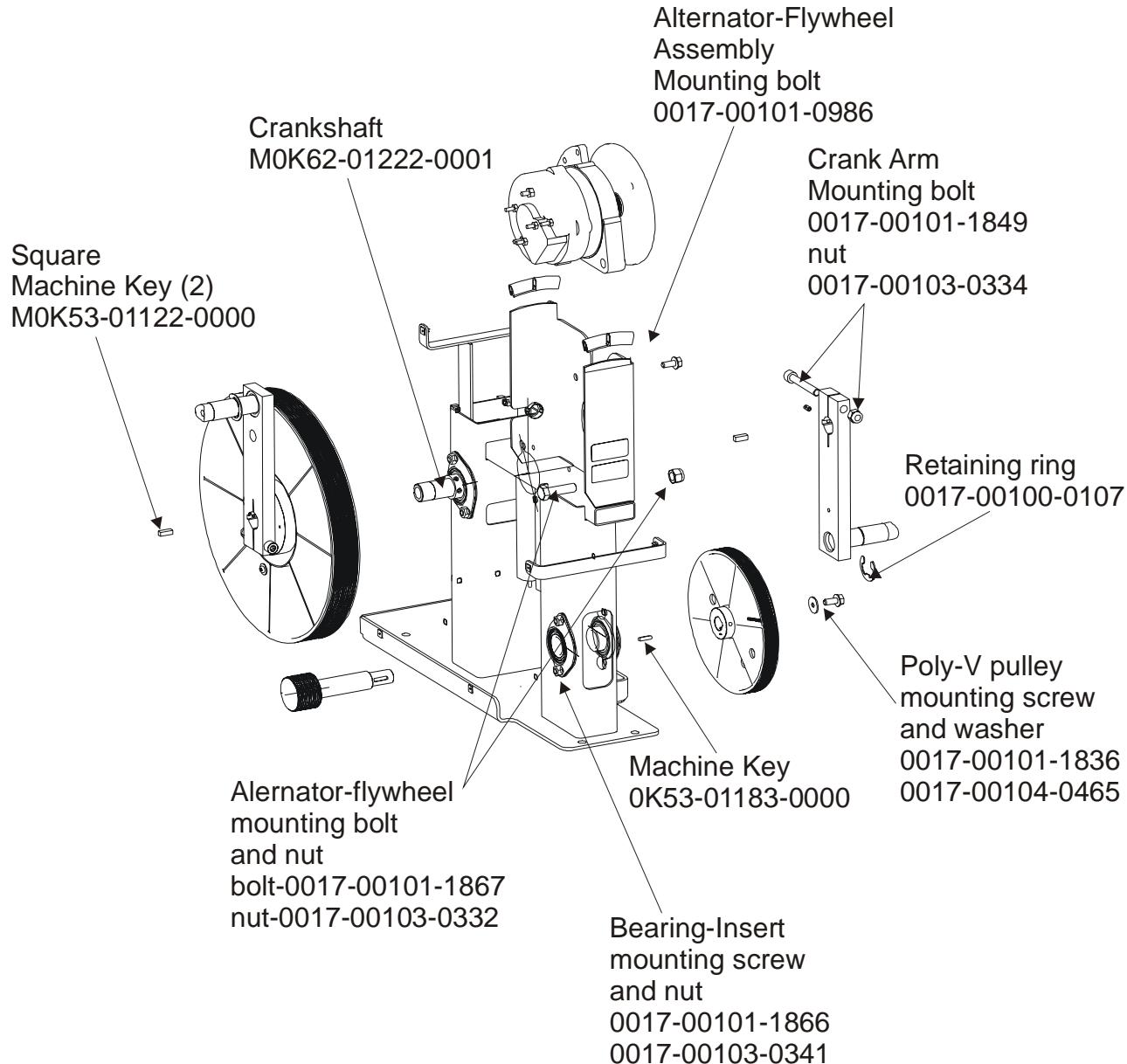
Bearing Flanges (2)
0K62-01220-0000



1" Bearing
0K62-01221-0000







ARCTIC SILVER QUIET DRIVE 90X

90X-0XXX-03

S/N XHA504206206

